GLP-1 drugs and eye health risks: A new watchlist for diabetes patients

06/19/2025 // Willow Tohi // **630** Views

Tags: badhealth, Big Pharma, Dangerous Medicine, diabetes, eye health, longevity, medical violence, Ozempic, retinal hemorrhages, toxins, Wegovy

- GLP-1 drugs like Ozempic and Wegovy double the risk of neovascular age-related macular degeneration (wet AMD) in diabetes patients over three years (0.2% vs. 0.1%).
- Study tracked over 1.1 million Ontarians and found longer use of the drugs heightened the risk—tripling after 18 months and quadrupling after 30 months.
- Manufacturers Novo Nordisk emphasize medication benefits, but experts urge patients to stay vigilant and avoid abrupt discontinuation.
- Possible mechanism involves blood-sugar fluctuations triggering retinal blood vessel growth via VEGF.
- Annual eye exams are critical for early detection, as 95% of vision loss from diabetic eye diseases is preventable with timely intervention.

A groundbreaking study published in *JAMA Ophthalmology* has raised alarms over the potential ocular risks of GLP-1 receptor agonists (GLP-1 RAs), popular diabetes and weight-loss drugs like Ozempic and Wegovy. Researchers found that patients using these medications faced more than double the risk of developing neovascular age-related macular degeneration (nAMD), a vision-threatening condition, compared to nonusers over three years. The study, analyzing data from over one million Ontarian patients aged 66+, underscores the urgent need for balancing benefits and risks as GLP-1 drugs become increasingly widespread.

Study design and findings: Numbers that demand attention

The study, led by researchers at the University of Toronto, followed 139,002 diabetes patients matched for factors like age, gender and health conditions. Enrollees were divided into two groups: 46,334 GLP-1 RA users and 92,668 nonusers. Results found 0.2% of GLP-1 users developed nAMD—a doubling of cases compared to the 0.1% rate in the control group. While absolute risk remains low (roughly one additional case per 1,000 users), the dose-dependent increase over time is concerning: risk tripled after 18 months and quadrupled after three years.

Dr. Reut Shor, a co-author, emphasized, “The absolute risk remains low, but advanced AMD is a life-altering condition. Even a twofold increase matters for vulnerable older adults.” The

condition, treatable with anti-VEGF injections, causes abnormal blood vessel growth in the retina, leading to irreversible vision loss if untreated.

Expert voices: Caution, not panic

Medical professionals stress that patients should not abandon GLP-1 drugs without consulting doctors, as their benefits in managing diabetes and obesity outweigh the rarity of nAMD.

Optometrist Meenal Agarwal, who treats diabetic patients, reinforced the need for proactive monitoring: “Don’t stop treatment abruptly. Instead, engage in regular eye exams and discuss with your doctor whether your overall risk necessitates more frequent vision screenings.”

Novo Nordisk, manufacturer of Ozempic and Wegovy, defended its drugs, citing “robust” safety data, including a 33-million-patient-year database. However, the FDA acknowledges the rising “signal” of ocular side effects like nonarteritic anterior ischemic optic neuropathy (NAION), linked to GLP-1 drugs in other studies.

Mechanisms under the microscope: A potential pathway

Researchers speculate GLP-1 therapy’s rapid blood sugar reduction could trigger retinal ischemia, a lack of oxygen in the retina. This oxygen deprivation stimulates vascular endothelial growth factor (VEGF), a protein that drives abnormal blood vessel growth—precisely what drives nAMD.

Dr. Brian VanderBeek of the Scheie Eye Institute noted in a JAMA editorial that GLP-1 receptors in the retina might amplify this effect. “If confirmed, this could explain why longer use increases risk. But we need models and clinical trials to pin down causality.”

The past year alone has seen multiple GLP-1-related ocular signals: abrupt blood sugar drops linked to retinal hemorrhages in diabetes patients, and NAION flagged by the European Medicines Agency as a “very rare” but serious side effect.

Broader context: Eyes in the time of diabetes pandemic

Diabetes already ranks as the leading cause of vision loss in the U.S., with nAMD and diabetic retinopathy as major drivers. Patricia Welter, a type 1 diabetes patient who lost an eye to retinal disease, underscores what’s at stake: “Untreated eye issues mean blindness—no joke. Annual exams saved my remaining eye. I can’t stress that enough.”

While GLP-1 drugs combat diabetes, which itself exacts an ocular toll, the new findings force a reckoning. “This isn’t about blaming the medication,” says Dr. Agarwal. “It’s about painting a

fuller picture of benefits and risks. For most, the drugs save lives—but our eyes deserve attention too."

A holistic approach, echoing suggestions from natural health advocates, involves integrating GLP-1 use with lifestyle changes, vitamins like chromium and omega-3s (endorsed by Dr. Julian Whitaker in Reversing Diabetes), and strict vision monitoring.

Vigilance meets innovation

The study injects a dose of caution into the GLP-1 era, reminding patients and clinicians that no therapy is without trade-offs. While the absolute risk of nAMD is low, its sight-stealing potential demands heightened vigilance. Future research must determine causality and ideal mitigation strategies.

As Diabetic Macular Edema expert Dr. VanderBeek writes, "The ocular risks of these life-changing drugs cannot be ignored. They remind us that every step forward in medicine must walk hand-in-hand with a watchful eye."

For millions on GLP-1 drugs, that means staying informed, sticking to prescriptions unless advised otherwise and booking that annual eye exam—because clarity, both literal and metaphorical, is worth fighting for.

Sources for this article include:

TheEpochTimes.com

JAMAnetwork.com

StatNews.com

BlackDoctor.org

RELATED TOPICS

BADHEALTH | BIG PHARMA | DANGEROUS MEDICINE | DIABETES | EYE HEALTH | LONGEVITY | MEDICAL VIOLENCE | OZEMPIC | RETINAL HEMORRHAGES | TOXINS | WEGOVY

LATEST NEWS

06/19/2025 / By Willow Tohi

USS Nimitz deployment sparks false flag fears amid Iran tensions

06/19/2025 / By Willow Tohi

Daily almond snack reduces cardiovascular risks for metabolic syndrome patients, study reveals

06/19/2025 / By Lance D Johnson

The dark truth behind Ireland's mass grave of 796 babies: How church and state conspired to abuse women and bury the innocent

06/19/2025 / By Kevin Hughes

Health Ranger Report: Retired Col. Pete Chambers discusses the BORDER CRISIS and Texas' border security efforts

06/19/2025 / By Ava Grace

APPENDIX CANCER surges among millennials: Why doctors are missing the signs

06/19/2025 / By Ramon Tomey

Austria's radical bill threatens JAIL TIME for parents opposing gender surgeries

RELATED NEWS

06/19/2025 / By Ava Grace

APPENDIX CANCER surges among millennials: Why doctors are missing the signs

06/19/2025 / By Ramon Tomey

Austria's radical bill threatens JAIL TIME for parents opposing gender surgeries

06/19/2025 / By Zoey Sky

The hidden dangers of sodium gluconate in personal care products

06/19/2025 / By Ava Grace

Groundbreaking study reveals vicious cycle between screen time and childhood emotional struggles

06/19/2025 / By Willow Tohi

FDA under fire as lawsuit exposes systemic transparency failures in generic drug safety

06/19/2025 / By Belle Carter

Dubai's viral chocolate craze sparks food safety concerns in the U.K.

0 COMMENTS

Please sign in with your Brighteon account to leave comments

Not a user, Create your FREE account today.
Learn more about our new comment system.

Sign In Sign Up

TAKE ACTION:

Support Natural News by linking to this article from your website.

Permalink to this article:

https://www.naturalnews.com/2025-06-19-glp-1-drugs-eye-health-risks-diabetes-patients.html Copy

Embed article link:

<a href="https://www.naturalnews.com/2025-06-19-glp-1-drugs-eye-health-risks-diabetes-patients.html">GLP-1 dr Copy

Reprinting this article:

Non-commercial use is permitted with credit to NaturalNews.com (including a clickable link).
Please contact us for more information.

FREE EMAIL ALERTS

Get independent news alerts on natural cures, food lab tests, cannabis medicine, science, robotics, drones, privacy and more.

Enter Your Email Address

We respect your privacy

Download on the App Store

Install for Android

This site is part of the Natural News Network © 2022 All Rights Reserved. Privacy | Terms All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing International, LTD. is not responsible for content written by contributing authors. The information on this site is provided for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. Truth Publishing assumes no responsibility for the use or misuse of this material. Your use of this website indicates your agreement to these terms and those published here. All trademarks, registered trademarks and servicemarks mentioned on this site are the property of their respective owners.